

Outreach

Stay up-to-date on the latest breast cancer news & events!

[peer support training](#) | [understanding your brain](#) | [skills for healing](#) | [caregiver awards](#) | [exercise survey](#) | [patients wanted for studies](#) | [breast cancer during pregnancy](#)



Learn & connect

This section of *Outreach* is to share resources, educational tools, and information developed by partner groups and other organizations; the views and information expressed in this section do not necessarily reflect the views of the Canadian Breast Cancer Network.

Training for peer support group volunteers in Atlantic Canada takes place September 9 to 11 in Dartmouth

The Canadian Breast Cancer Foundation (CBCF) will present a Support and Information Volunteer Training Workshop for women from Newfoundland and Labrador, Nova Scotia, New Brunswick, and Prince Edward Island on September 9 to 11 at the Ramada Plaza Dartmouth Park Place hotel in Dartmouth, Nova Scotia.

Canadian
Breast Cancer
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This workshop is designed to equip women with the tools they need to start and sustain community-based peer support groups for those living with breast cancer or at high risk for developing hereditary breast cancer.

This 2.5-day workshop will provide women with the opportunity to learn about the peer support model of service delivery and how lived experience makes them uniquely qualified to support others. The goal is to equip women to take that lived experience and share it in a way that is both responsible and sustainable.

Through a combination of large group and concurrent sessions, the workshop offers two levels of training:

- Level One - Fundamentals of Facilitation: This session is essential for those who are starting new support groups or are new to peer facilitation.
- Level Two - Advanced Facilitation: This session provides ongoing skill development for peer facilitators and training to sustain both the volunteer and the group.

This workshop also provides an excellent networking opportunity for volunteers to connect with others doing similar work, to share experiences and lessons learned, and to feel rejuvenated in their role by practicing self-care.

For more information or to register, contact Deanna Jones, Specialist, Cause Programs, Canadian Breast Cancer Foundation, at 1-866-273-2223 or 902-423-3273 or email her at djones@cbcf.org.

How understanding your brain can empower your life on the cancer journey

Free of charge and open to everyone, this presentation draws on recent brain science that shows how our brains continue to change throughout our lifetime. Dr. Rob Rutledge teaches the essential healing skills and provides a practical and integrated approach to a cancer diagnosis. The evening is spiced with stories from his life as an oncologist, support group leader, and his personal journey. The event, which is being organized by Saskatchewan Breast Cancer Connect, is presented twice:



- September 23 from 7 to 9 p.m. at the Ramada Plaza Regina Downtown hotel (to register, visit <https://www.eventbrite.ca/e/skills-for-healing-day-long-workshop-evening-public-forum-regina-tickets-26360722631>)
- September 24 from 7 to 9 p.m. at the Cosmo Civic Centre in Saskatoon (to register, visit <https://www.eventbrite.ca/e/skills-for-healing-day-long-workshop-evening-public-forum-saskatoon-tickets-26549205388>)

Skills for healing day-long cancer seminar September 24 in Regina and September 25 in Saskatoon

Taking place on [September 24](#) from 9 a.m. to 4 p.m. at the Ramada Plaza Regina Downtown hotel, and on [September 25](#) from 9 a.m. to 4 p.m. at the Cosmo Civic Centre in Saskatoon, this seminar for cancer patients includes information on ways to get the best care from the medical system, healthy lifestyle habits, and the science of the mind-body connection. Attendees will learn healing skills like mindfulness-based stress reduction, art therapy, meditation, reframing difficult thoughts, and simple visualizations. An essential component is allowing people to share and reflect on their experience in a safe and supportive environment.



This event is being organized by Saskatchewan Breast Cancer Connect. To purchase tickets, which are \$10, click on the dates above.

For more information, visit www.saskbreastcancerconnect.org/events.html.

Nominations open for caregiver awards

The Canadian Abilities Foundation is seeking nominees for the Canada Cares Caregiver Awards 2016. There are awards for individuals, communities, and caregiver-friendly workplaces. For more information or to obtain nomination forms, visit canadacares.org/awards-2016/.

Breast cancer survivors wanted for online survey on physical activity

With support from the Canadian Breast Cancer Foundation, researchers at the University of Toronto are conducting an online survey to understand what breast cancer survivors need to be more active. For example, do you feel you need more opportunities to be active? Are you missing an exercise partner? Do you want more available programs?

You are eligible to complete the survey if you are a woman who has been diagnosed with breast cancer and:

- you have completed treatment (not including hormonal therapy)
- you are not active, but want to be, or you are active, but want to increase your activity levels
- you have 20 to 25 minutes to complete the online survey

Please complete the questionnaire at www.icanbeactive.com. Your answers will help to develop physical activity materials and opportunities to help more women be more active.

Please contact Angela at icanbeactive@gmail.com if you have any questions.



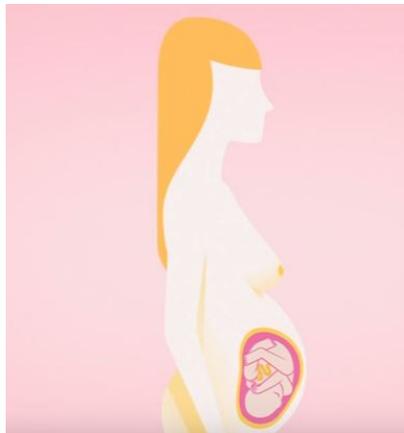
Nova Scotia patients wanted for studies

The Nova Scotia Health Authority is seeking participants (patients who received treatment in Nova Scotia and their families) for several studies it is carrying out.

- Survivorship Care Plans and Breast Cancer: looking for one family member and one patient for this study
- Advance Care Planning: looking for patients and family members to take part in this study

If you are interested in participating and want more information, please contact Margaret Jorgensen at 902-473-7290 or through e-mail at margaret.jorgensen@ccns.nshealth.ca.

Featured video



The National Breast Cancer Foundation in the U.S. offers the Beyond the Shock Video Series for women facing a breast cancer diagnosis. Watch this [video](#) about breast cancer during pregnancy that discusses the options for treatment and advice on who you should speak to during these circumstances.

To nominate a video for CBCN's Featured Video, email Rebecca at rwilson@cbcn.ca.



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